

Module 8: Self-Care and Activities of Daily Living

QUIZ ANSWERS

1. d. Shopping for groceries, clothing or any necessary items
2. Any five of the following:
 - Housecleaning and homemaking
 - Food preparation
 - Taking medications as prescribed
 - Managing money and finances
 - Shopping for groceries, clothing or any necessary items
 - Use of telephone or other form of communication
 - Using technology (e.g., television remote control)
 - Transportation within the community, including driving
 - Leisure
 - Paid work, volunteering or other vocations

3. Any five of the following:
- Hand-rails
 - grab bars
 - long-handled reacher
 - long-handled sponge
 - sock-aid
 - suction cup brush
 - built-up handles
 - electric toothbrush
 - mirror
 - sitting in a chair to dress
 - walker
 - wheelchair
 - cane
 - bath seat
 - handle held shower head
 - commode

TRUE/FALSE Answers

4. False
5. False
6. True
7. True